

Abstract

Title: Case study of physiotherapy treatment of patient with diagnosis systemic lupus erythematosus

Objective: A summary of theoretical background, study of comprehensive rehabilitation methodology, proposal of therapy and evaluation of its effect in a patient with diagnosis systemic lupus erythematosus.

Methods: The Review of literature and the case study were made during practice in Institute of Rheumatology in Prague from 5. to 30. 1. 2015. It is divided into two parts. Theoretical part summarizes definition, etiology, epidemiology, diagnostics, clinical manifestation, therapy and use of physiotherapy in diagnosis systemic lupus erythematosus. The case study is presented in the special part. Therapeutical approach was prescribed according to the medical history and physical examination and its effect was assessed using kinesiology analysis at the end of the study.

Results: The pain of the patient substantially decreased, she has no more breathing problems and lying in horizontal position is also no longer a problem, the quality of sleep enhanced, the body posture and balance were positively influenced and range of motion and stabilization ability of spine improved. Therapeutic methods were chosen appropriately and stated goals of physiotherapy were fulfilled.

Keywords: systemic lupus erythematosus; rheumatologic disease, autoimmune disease, rehabilitation, physiotherapy